

BREAK-UP MOTIVATION AND RECOVERY AMONG GEN Z STUDENTS IN QUEZON CITY: BASIS FOR SELF-LOVE PROGRAM

ABSTRACT

AUTHORS

Rhona Bulawan
Mariel Padalapat
Haya Marie Reyes
Aira Santos
Jheniela Mae Valenzuela

RESEARCH ADVISER

Maria Regina V. Baluyut

AFFILIATION

Bestlink College of the
Philippines

DISCIPLINE

Mental Health

KEYWORDS

*romantic breakup recovery;
self-love programs; emotional
support; psychological well-
being; mental health
interventions; generation z*

ARTICLE ID

AASGBCPJMRA-BI3849

Romantic breakups are a common experience among the current generation, especially within Generation Z. Despite their prevalence, the connection between the motivations behind breakups and the subsequent recovery process remains insufficiently studied. As relationship dissolutions become increasingly frequent in modern society, gaining a deeper understanding of the psychological factors that affect recovery is essential. This study aims to examine the relationship between breakup motivations—specifically approach and avoidance orientations—and the recovery experiences of Generation Z students in Quezon City. This study employed a correlational research design to investigate the relationship between breakup motivation and recovery among college students. A sample of 100 second-year psychology students from Bestlink College of the Philippines, all of whom had experienced the termination of a romantic relationship, participated in the survey. The Behavioral Inhibition System (BIS) and Behavioral Activation System (BAS) scales were utilized to measure participants' breakup motivations, while the Breakup Recovery Scale was administered to assess recovery outcomes and determine the most effective coping strategies. The survey findings show that most respondents were female (80%), with the majority aged between 18 and 20 years old (61%). Generation Z students reported experiencing both positive and negative effects following romantic breakups. While many indicated personal growth as a result of the experience, they also described the recovery process as difficult and emotionally taxing. Time was identified by 82% of respondents as the most effective method for healing, whereas professional counseling and medication were among the least commonly used approaches. A significant negative correlation ($r = -0.35$, $p < 0.05$) emerged between breakup motivation and recovery, suggesting that individuals who were more motivated to end their relationships tended to face greater challenges in recovering. These findings align with Reinforcement Sensitivity Theory (RST), which explains how approach and avoidance motivations impact emotional responses after a breakup. Overall, the study highlights the complexity of recovery processes and the varying ways individuals cope depending on their reasons for ending a relationship. The findings highlight the vital role of self-love initiatives and specialized mental health interventions in supporting Generation Z students' ability to effectively cope with the emotional aftermath of romantic breakups. It is imperative that educational institutions and mental health professionals collaborate to implement comprehensive programs focused on developing coping skills, fostering resilience, and providing robust emotional support. Such targeted interventions will not only aid students in navigating the complexities of relationship dissolution but also promote their overall psychological well-being and personal growth.

RECOMMENDED CITATION

Bulawan, R., Padalapat, M., Reyes, H. M., Santos, A., & Valenzuela, J. M. (2025). Break-Up Motivation and Recovery Among Gen Z Students in Quezon City: Basis for Self-Love Program. *Ascendens Asia Singapore – Bestlink College of the Philippines Journal of Multidisciplinary Research Abstracts*, 7(3), 79.